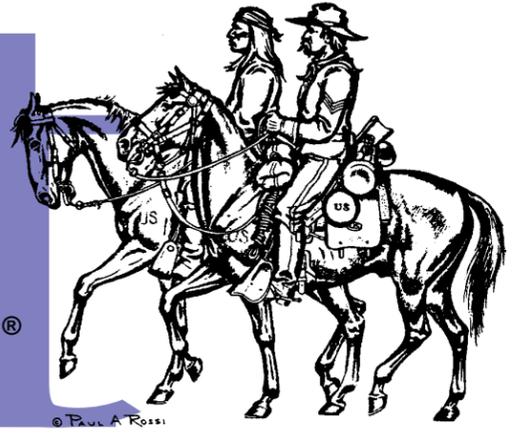


The Fort Huachuca Scout



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Scout reports

e-mail:
thescout@huachuca-emh1.army.mil

Programs need parents

Youth Services and Youth Sports are seeking parents interested in participating in two separate focus groups concerning Youth Services and Youth Sports programs, activities and hours of operation, etc.

The groups will meet to discuss the various issues facing the youth of the community and strategies to improve programs and provide options for youth and parents. The emphasis of this group will be on youth ages 6-19 and out of school programs. Areas such as schools and pre-school programs will not be discussed.

If you are interested in participating in one of these groups please contact Youth Services at 533-3205 for the Youth Services Focus Group and Youth Sports at 533-2541 for the Youth Sports Focus Group.

Vet clinic washes dogs

The Fort Huachuca Veterinary Clinic will be holding a dog wash on Saturday, from noon to 3 p.m. Dogs will be washed for donation.

All proceeds from the dog wash will go towards the Raymond W. Bliss Army Health Center dining out. For information, call Cpl. Eryk Yoakam at 533-0476.

GRE subject exams

The Army Education Center will administer the Graduate Record Exam Subject Exams on April 12.

After the April 2000 administration for the History and Sociology GRE Subject tests, these tests will no longer be available. GRE is removing these two subject exams from their inventory.

You must register for these exams at the Education Center by Monday.

For information, call 533-1701/2390.

Anthrax facts:

Fort Huachuca has good shot record

By Sgt. Cullen James
Scout Staff

It's one of the most talked about topics in the Army today. Some say good things, some say bad. It's the anthrax vaccine, and if you're deploying or moving to suspected regions — such as Southwest Asia and Korea — you have to have it.

A couple of stinging seconds and maybe a couple of sore days could save your life, according to Lt. Col. James Hickey, chief of nursing administration, Raymond W. Bliss Army Health Center. “[The side effects to getting the shot] varies. I think everyone gets a red knot and some soreness. But no one on Fort Huachuca has refused the shot,” Hickey added.

As of Monday, 1,191 soldiers on Fort Huachuca were undergoing the anthrax series. The series is comprised of six shots given over 18 months with an annual booster shot after that.

Without the vaccine there is a 20 percent fatality rate — at best. “There are three kinds of exposure,” Hickey said. “The first is contact. If a soldier were to touch or sit in something infected by the virus, it gets on the skin. The virus causes the skin to break down like an ulcer and it goes very deep.

“Unfortunately, we have no good success rate with [inhalation] exposure. Usually there's a 100 percent casualty rate within 24 hours of exposure.”

Lt. Col. James Hickey

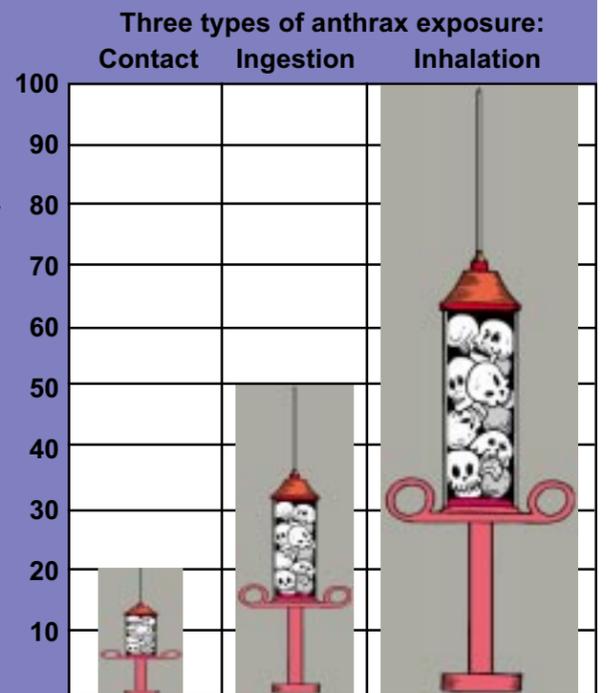
“The anthrax virus is different from other skin lesions. It starts from within and causes very deep sores. It's very difficult to heal — lots of antibiotics and topical ointments,” Hickey explained. He added that contact exposure is the easiest of the three kinds of contact to treat, but that people can still die. “We have a much better success rate treating contact exposure ... fatality rates are about 20 percent.”

Anthrax survival rates without vaccine

The skinny on the shot:

Percent of fatalities per type of exposure

Anthrax fatalities vary greatly depending on the kind of exposure, from 20 percent from contact, to 100 percent from inhalation. Studies on primates have shown that with three of the six shots in the anthrax series, inhalation survival rates jumped to 16 out of 18.



Ingestion is the second kind of exposure. A person becomes infected by ingesting food or drink and the virus gets into the stomach. “It causes the intestinal lining to begin to slough. Within a day or so, the infected person begins to have bloody stools and what is happening is that the entire intestinal lining is being excreted,” Hickey explained.

“Treatment is more difficult. There's about a 50 percent success rate if we can get to the individual in time,” he added.

The last kind of exposure is inhalation — taking the airborne virus into the lungs. It causes a sloughing of the respiratory track. “Unfortunately, we have no good success rate with this kind of exposure,” Hickey said. “Usually there's a 100 percent casualty rate within 24 hours of exposure. The cells start to die and the lungs kind of turn into mush. It's is [a very nasty disease].”

By taking the anthrax vaccine, soldiers have more survivability if exposed. “When anthrax is known or suspected to be in the area, soldiers immediately go to [Mission

Oriented Protective Posture] four. By taking the vaccine, you can't just go sit in [an anthrax infected area], but [the vaccine] will slow it down,” Hickey said.

“There have been tests done on primates,” Hickey said. “After three shots [of the anthrax series], 16 out of 18 monkeys survived inhalation of the virus.”

The anthrax virus was thought to primarily be a cattle and sheep disease, but during an epidemic in Texas the virus jumped from livestock to humans.

Although there have been some military members who've been reluctant to take the vaccine, Hickey doesn't understand why. “I've had some problems [understanding] it,” he said. “We've used this vaccine for the past 50 years for veterinarians and ranchers. I don't know how it got to this point,” Hickey said.

Soldiers who refuse the shot could face more than physical consequences. “A soldier [who refuses the shot] could be punished under [the Uniform Code of Mili-

See Anthrax, Page 11

The Scout's Chaplain

Sung with 'star spangled' love

By Col. Thomas R. Decker
Installation Staff Chaplain

Okay, Scout, at the National Prayer Breakfast, Spc. Latwanna Nichols, chaplain assistant, 309th Military Intelligence Battalion, sang the National Anthem *a capella*.

To erase any doubt about what *a capella* means, she stood in front of the 400 or so guests, and sang without accompaniment. Nichols sang for all with her quiet solo voice and with her love of country.

It was a high point of the prayer breakfast because she made all the connections with the nation, its history and people, and the reason for the breakfast with the familiar words of the Star Spangled Banner. Not much needs be added when the song is sung well, and Nichols did just that.

Francis Scott Key's song was composed during in the heat of battle during the War of 1812 and has survived the nation's wars and inner turmoil but also its peace and prosperity.

The Star Spangled Banner brings America together at ball games, military ceremonies and other important public functions. This unlikely anthem is played boldly by military brass band or concert symphony. It even survives artists who render the music with their own style of singing as awed listeners endure the mo-

ment. Always the song reminds us that we live in America, one of the most unique countries — if not the greatest — on the face of the earth. The Star Spangled Banner, for a very brief moment, unites America despite her differences, and America needs that unity more than just in political process and economic prosperity.

Many religious traditions caution — and rightly so — extending love of country over the one's high allegiance to God, but at the core of this anthem to the nation's flag is love, yes even God's love. Many affirm that all love proceeds from God, and so even the goose bumps which come when the anthem is sung arise from the depths of God's heart.

No wonder then that this song of love unites people at a prayer breakfast or at the opening game of the World Series. Love extends a hand to people in need. Love is at the core of military service when it is more than just a job. Love is at the center of true religious freedom. Love holds marriages together. Love heals illness. And love reminds people of a calling greater than simply being born in a free country.

The next time the Star Spangled Banner is sung, take a moment to allow your love to surface and remember its great origin and purpose.

How financial aid from government, private sources can help

By Robert P. Campbell
Education Services Specialist

How Financial Aid Can Help, Part III, looked at the financial aid provided from the federal government. It covered the Federal Work-Study program, Federal Stafford Loan, and military option. In this, the final part in the series on financial aid, we will look at financial aid from state governments, colleges, private sources and searching the Internet for scholarships.

Every state has a scholarship or grant program that provides some form of financial aid to eligible students who are legal residents of the state. Eligibility criteria varies from state to state. Most programs require that students attend a post-secondary institution within the state.

Another important resource is financial aid provided by colleges and universities themselves. College-sponsored aid usually comes from one of two sources: tuition revenue and contributions from private donors.

Some scholarships and grants-in-aid are based on demonstrated need, while others are awarded to students who meet criteria other than, or in addition to, need (such as academic performance, special achievement, etc.). (Cochise College, for example, has a variety of scholarships available.) The criteria and application procedures for college financial aid vary considerably. Private colleges often have more college-sponsored aid available than do public institutions; proprietary or profit-making institutions generally have very little or none at all.

While the total funds available through private student aid programs are comparatively small, they can be a significant help. For some student, they can mean the difference between going to the college you like best and the college you can afford. So it's well worth investigating the privately funded awards you may be eligible for.

Among the thousands of private student aid programs that award grants, scholarships, and low-interest loans to help students pay for college or training after high school, one of the best known is the National Merit Scholarship Program. High school juniors enter the competition for these awards by taking the Preliminary SAT/National Merit Scholarship Qualifying Test, which is administered each October at more than 20,000 high schools around the country.

Eligibility criteria, application procedures, number of awards given annually, and average amount awarded by private programs vary tremendously. Some base award on financial need, others on need plus additional criteria; still others don't consider need at all.

Many of the scholarships have very detailed and restrictive eligibility requirements. You might, for instance, have to live in a certain state or region, attend a particular college, pursue a particular course of study, meet certain high academic standards, and demonstrate financial need. If you do not meet them all, it's possible you won't qualify. Nevertheless, it makes good sense to investigate all possible

See Financial, Page 11

Commander's Hotline

Caller identifies potentially dangerous area near Smith Middle School

Caller

A parent called the Commander's Hotline and reported what she felt is a danger situation for children in the vicinity of Smith Middle School and the Youth Activities center.

The caller stated that her son, a six-year-old boy, while riding his bicycle, had fallen from the sidewalk into a storm runoff ditch in front of Smith School and the YA.

She asked if a safety barrier could be installed to prevent a recurrence of her son's accident and to protect other children playing in the area.

Response

Cecil V. Anderson, a safety specialist in the Installation Safety Division, visited the wash area to determine if there was sufficient hazard involved warranting the use of fencing. The following are his findings:

— On the eastern side of Cushing Street, a double drain each approximately 30 inches in diameter empty into a steep wash. The wash is bounded for approximately 30 yards on the south side by an almost vertical retaining wall, the top of which matches the upper ground level. On the northern side, there is the remains of flowed concrete that has eroded in the past years.

— On the western side of Cushing Street, the side that is the highest part of the drain tubes; there is also flowed concrete though this section that has not eroded.

In view of the proximity of both Smith School and the Youth Activity Center (west of Cushing) Anderson recommended the following actions:

— On the wash edges on eastern side of Cushing Street, it is recommended that fencing be place on both sides to the end of the existing vertical wall.

— Removable grills should be fabricated and be in-

See Hotline, Page 22

The Fort Huachuca Scout®

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Task force trains DUI detection to post, local cops

By Sgt. Cullen James
Scout Staff

About 30 Fort Huachuca Military Police and local law enforcement officers attended a three-day class on DUI detection held Feb. 23 - 25 at the post Directorate of Public Safety office.

The class was given by the Southeastern Arizona DUI Task Force and covered the entire DUI detection process. "We cover everything. From determining suspicious driving to approaching the vehicle, what to look for and conducting field sobriety tests," said Officer Bob Randall, SE AZ DUI Task Force coordinator for the Sierra Vista Police Department.

"We're giving them the building block approach to building a court conviction," Randall added.

"We're also giving the officer's confidence in their

"An experienced drunk may be able to get by on some of the other [FST] tests, but not the HGN - it'll get you every time," said Sgt. William Howard, traffic section noncommissioned officer in charge, Fort Huachuca DPS.

The Southeastern Arizona DUI Task Force is a breakaway organization from the Southern Arizona DUI Task Force. According to Sgt. Marc Dannels, SE AZ DUI Task Force coordinator for the Cochise County Sheriff's Office, once there was a large enough force in Southeastern Arizona they petitioned to create their own task force. The force gets grants from the state to purchase equipment, provide educational classes and perform DUI checkpoints.

The task force's mission is to reduce the number of DUIs in Southeastern Arizona by providing education, prevention and intervention. The DUI Detection course is one means of education of task force provides.

"In Dec. '97 we came together with Pima County in the Southern Arizona DUI Task Force," Dannels explained. "We had grown so much by '99 that we approached the Governor's office to start our own group."

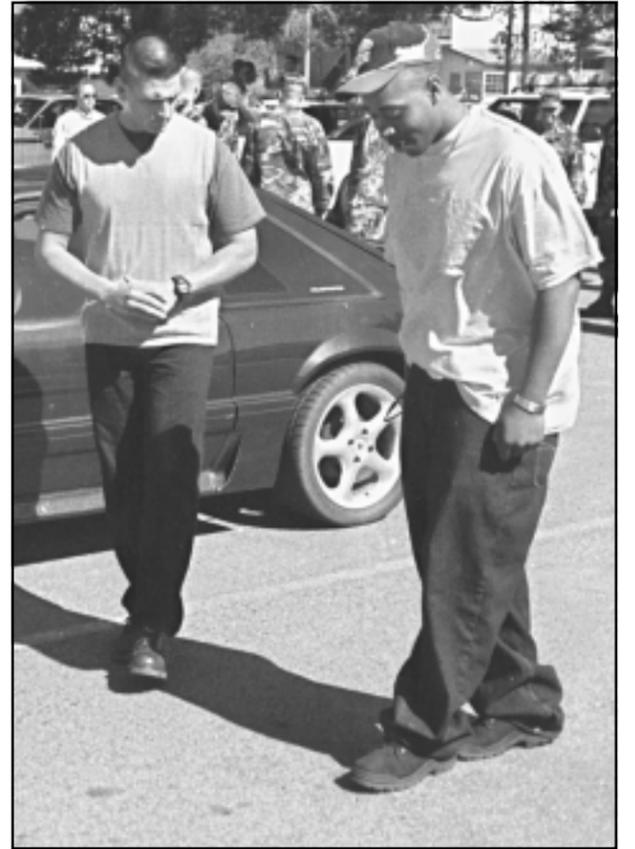
The Arizona Governor's office approved the request, and the Southeastern Arizona DUI Task Force officially started Jan. 18.

One of the primary benefits of the task force is that it provides the personnel for DUI checkpoints throughout the region, Randall said. "Prior to [belonging to the task force], each department was responsible for its own DUI mission," he said. "Now each department has a DUI Task Force coordinator and can use the force's resources."

Members of the SE AZ DUI Task Force include the Cochise County Sheriff's Department; Arizona DPS; Sierra Vista, Tombstone, Huachuca City, Douglas and Wilcox Police Departments; and the Fort Huachuca Military Police and DPS.

In Cochise County the percentage of annual DUIs is about the same as the national average, but Lt. Col. Peter Mroczkiewicz, provost marshal, Fort Huachuca DPS, points out that there is a problem with DUIs on Fort Huachuca.

"We do have a problem on Fort Huachuca. Our num-



Sgt. William Howard, traffic section noncommissioned officer in charge, Fort Huachuca Directorate of Public Safety, administers a Walk and Turn test to Hollinhead. Based on the battery of Field Sobriety Tests, Howard was convinced Hollinhead was intoxicated.



Photos by Sgt. Cullen James

Spc. Hardy Hollinhead III, military police officer, Fort Huachuca Military Police, performs a Horizontal Gaze and Nystagmus test. Hollinhead was a volunteer drinker for the final day of the DUI Detection Class.

ability to detect a DUI," he added.

"At first, a police officer, military or not, is very apprehensive about pulling over a suspected DUI. I'm no longer apprehensive. This course gives the confidence you need to pull over a suspect. It tells you 'This is how you do it, and this is how you get a conviction,'" said Spc. Joseph Chesnut, MP, Fort Huachuca DPS.

One of the major focuses of the course were the field sobriety tests which help the police officers establish probable cause for arrest, according to Randall. The class instructs a battery of six standardized FSTs. "We're trying to get all the officers [in Southeastern Arizona] online and performing the tests the same way," he said.

The tests are: Horizontal Gaze and Nystagmus, which gauges the jerkiness of the eyes; Walk and Turn, gauging the balance; and the One Leg Stand, also gauging balance and attention to detail. These three tests are promoted by the National Highway Safety Administration as being scientifically proven to show the percentage of impairment in DUI suspects. The other three tests are the Rhomberg Modified, another balance and coordination test; the Finger to Nose and Finger Count tests.

After all the blocks of instruction are through, the officers attending the course are given a written examination and based on the results of the examination they then move on to a practical exercise administering FSTs to classmates and volunteer drinkers. The FST most focused on was the HGN.

bers are about one-and-a-half times beyond the [Training and Doctrine Command] average," Mroczkiewicz said. "Unfortunately the DUI statistics have risen, but even though they're higher, we've had only two DUI-related accidents committed by soldiers in the last year. That's on and off post.

"One of the things we're finding is that people are using our clubs, but then wanting to go to local restaurants downtown. We're trying to discourage that. Although the [DUI] numbers are higher, we're obviously catching them and keeping them off the streets," Mroczkiewicz said.

The SE AZ DUI Task Force is planning to run the DUI Detection Course as often as needed. "We want to build the officer's confidence in getting a DUI conviction," Randall said. "Cause let me tell you, taking drunks off the street is a great feeling."

Kudos Komer

February Civilian of the Month

Fort Huachuca's Civilian of the Month for February is Kathleen A. Archer, a practical nurse with the U.S. Army Medical Department Activity.

Archer, a GS-0620-06, is awarded Civilian of the Month for her dedication to optimize the health and fitness of the Fort Huachuca community. She planned, designed, and implemented a new program for 207 activity duty, family members, and retired military participants.

In addition to the successful Tobacco Cessation Program, she continued to support the student population with evening tobacco cessation classes for 63 students. She also designed and presented a poster presentation for the annual Preventative Medicine conference. She

has continued to support the community through education and screenings, such as blood pressure, cholesterol, and Put Presentation Into Practice.

Archer receives the use of a car for one month from Star Chevrolet; gift certificates from Sierra Vista merchants; a desk plaque from CPAC; a MWR certificate for Jeanie's Diner; a wall plaque from the Sierra Vista Chamber of Commerce; and her name, as Civilian of the Month, posted at the Main Gate.

Other nominees were Joseph Griego, USASC; Glenda L. Rippel, USAIC& FH, DIS; Katharina L. Criscuolo, ISEC; and John P. Carrithers, 111th MI Bde. Nominate your deserving employee for Fort Huachuca Civilian of the Month. For information, call Theresa Fuimaono, CPAC, at 533-5282.

MPs apprehend undocumented immigrants on-post

By Stan Williamson
Scout Staff

You have read about the problem in local newspapers, seen reports on television news programs and probably seen local law enforcement officers or Border Patrol agents apprehending undocumented immigrants alongside the roadway.

The flood of immigrants illegally entering the United States has grown to staggering numbers. In the small board community of Naco, 19,343 undocumented immigrants were captured and returned to Mexico in 1998. In 1999 this number jumped to 63,417 UDIs apprehended by Border Patrol agents in Naco.

This year, the Naco Station reports 16,059 UDIs caught and returned to Mexico by Feb. 11. In the first 42 days of this year that figure is over 25 percent of the total UDIs apprehended last year at Naco.

Has this flood of UDIs been felt at Fort

The number of UDIs apprehended by MPs have increased by 800 percent in six weeks... Anyone who sees a suspicious person or group of individuals should report the sighting to the military police at 533-2181. Do not call 911 unless a crime is in progress.

Military Police

Huachuca? Yes it has. Not on the scale seen at the border towns, but the percentages here are up when compared to previous years.

From Oct. 1, 1999 to Dec. 31, 1999, the Military Police detained 17 UDIs. From Jan. 1, 2000 to Feb. 23, another 146 were detained and turned over to Border Patrol agents. This is an increase of nearly 800 percent in only six weeks.

According to Bill Ivory, Operations Officer, Law Enforcement Division, the Direc-

torate of Public Safety is aware of the increase in UDIs attempting to use Fort Huachuca as a means of avoiding the Border Patrol agents and their checkpoints.

"We have UDIs which come through the San Rafael Valley and through the West Gate heading for Sierra Vista," Ivory said. However, he said most of the UDIs are coming through the East & Main Gates thinking they are heading to Tucson.

"The Border Patrol checkpoints on High-

ways 83, 90, and 80 have boxed the UDIs in, and they are attempting to break through to I-10 by using the fort."

Ivory explained that there is no set pattern as to when or where the on-post apprehension take place. He said the arrests are "occurring all over the post, most however have been at the East and Main gates at all hours of the day."

The size of the groups detained by the Military Police have varied from two to 34 people, in ages from infants to their late 30s. Most have been men, but there have also been women and a few adolescent boys and infants.

The UDIs caught by the Military Police have been on foot as well as in vehicles. Those on foot have not been seen until recently Ivory said.

Lt. Col. Peter Mroczkiewicz, Director of

See Immigrants, Page 22

MI soldier chosen for All AZ Academic Team

By Sgt. 1st Class LaToya E. Sizer
PAO NCOIC

"Fearless, intelligent, dedicated, dependable, caring professional who communicates skillfully" are a few ways that some leaders at Fort Huachuca and the surrounding community describe Sgt. 1st Class Govnor Q. Weaver Jr. Such observations coupled with a 4.0 grade point average at Cochise College have earned Weaver a spot on the All Arizona Academic 'first' Team.

Weaver, a training/writer developer at the New Systems Training Office here, was one of 20 students throughout the state of Arizona selected for this honor. As a result, he received tuition waivers to any of the universities in Arizona, a medal and \$1,000. He is now competing for the national title against other students in the United States.

Hundreds of students compete for this honor each year. Competitors must have a GPA of 3.25 or higher, and letters of recommendation from community, workplace and college instructors must be submitted in order to be nominated.

A panel of colleges in Arizona reviews packets and awards points based on competitors' essays and letters of recommendation. Students are also judged on community accomplishments and involvement, and other activities.

"It's like an intense Army promotion board," Weaver said. Everything in the packet is scrutinized, and any minor error can cost a point, which could eventually lessen the student's chances of being selected.

Maintaining a 4.0 GPA is nothing new for Weaver who is studying physics.

"I received my first associate's degree with a 4.0 average in electronics technology" in May 1998, Weaver said. His perfect average was pretty much the same in high school, he said, despite his rough childhood. Weaver's mother instilled education in him, his three brothers and two sisters, even though she only had a fifth-grade education. Education was his mother's motivator.

"I had a hard background ... split home ... so it really focused me on 'how do I become successful,'" said the Helena, Ark., native. "Education was one of my mother's primary vehicles. It was apparent for me that education would be my way."

In high school Weaver was involved in Future Farmers of America and gymnastics. He also ran track, played



Photo by Sgt. 1st Class LaToya E. Sizer

Sgt. 1st Class Govnor Q. Weaver, Jr., training/writer developer at the New Systems Training Office, prepares to review lesson plans. Weaver is studying physics at Cochise College and maintains a 4.0 grade point average. He is one of 20 students in Arizona recently added to the All Arizona Academic "first" team.

basketball and did well in academics. "But at 5' 9" I knew I wasn't going to be the next Kareem Abdul-Jabbar, so I had to maintain those books."

Maintaining those books paid off then, but Weaver realized even before graduation that he needed more than a high-school diploma to get where he wanted to be. Weaver's mother couldn't afford to send him to school, so he turned to the military.

"The Navy recruiter told me I had to know how to swim. I wasn't a swimmer. That wasn't what I grew up doing," Weaver said jokingly. So he joined the Army to fulfill his dream of continuing his education.

Fourteen years later Weaver is well on his way to reaching his ultimate goal - obtain a PhD and eventually teach physics at a community college.

As a soldier, Weaver is known as a top performer. According to Maj. Elester Jackson, chief of Tactical Systems here, "Weaver is, and will continue to be, a model for others to follow." Jackson has witnessed Weaver's abilities on the job and while Weaver served as platoon sergeant in charge of 118 soldiers in Company A, 306th Military Intelligence Battalion.

See Weaver, Page 12

MWR's new website makes information easy

By Spc. Joseph Mykal Scarfone
Scout Staff

Recently the Directorate of Morale, Welfare and Recreation constructed a website to help patrons access information easier.

"The website will help keep people up to date with the program," said Paula German, Director of Marketing for MWR, also the creator of the website.

The page, www.mwrhuachuca.com, has been up since the beginning of January. The page lists information about all the sections of MWR from Desert Lanes to Apache Flats. The page also has a special events calendar that shows all of the major events that MWR sponsors months in advance.

The mission of MWR is to create and maintain "1st Choice" Morale, Welfare and Recreation programs and services for America's Army, essential to a ready and self-reliant force. The new website helps promote this mission.

While the page has only information about the Directorate of MWR right now, it is looking to expand. In the future a links page will be added.

Already the site has been successful.

"As soon as we posted the Thunder Mountain Marathon we had responses," German said.

Currently German is updating the page one to two times a week.

"I update the page on Fridays so people know what's going on for the weekend," German said.

The site was originally created in about three weeks. It was created by German and her husband, Sgt. 1st Class LeRoy German with the Information Systems Engineering Command.

An up-and-coming addition to the site will be a hit counter to let MWR know just how successful the site is.

"It (the website) is a good resource because it keeps people informed with the program," German said. "It also helps provide information for people who live out of the area."

To find out more information about various sections of MWR or future events log onto www.mwrhuachuca.com.

Army Signal Command

Signaleers shine on three islands

By Sgt. 1st Class Anthony L. Reed
ASC PAO NCOIC

"They can talk about us, but they cannot talk without us."

Command Sgt. Maj. Robert W. Miller

56th Signal Battalion, command sergeant major

FORT BUCHANAN, Puerto Rico — A noncommissioned officer's two primary responsibilities are accomplishment of the mission and taking care of soldiers. Signal Corps is proving no matter what the mission, it can be very difficult to complete these two basic responsibilities without communication — especially in today's highly technological age.

This and Miller's statement are abundantly true in ongoing projects and missions here, Fort Allen, Puerto Rico, Camp Santiago, Puerto Rico, San Juan, Puerto Rico, Belize City, Belize and the Virgin Islands.

Miller's unit, located here, was moved from Panama nearly a year ago. While still undergoing "growing pains," brought on by the move, the 56th continues its mission of designing, planning, installing, operating and maintaining tactical and strategic command, control, communications and computer mission in support of U.S. Army South and its components during war operations, other than war and joint/combined operations worldwide.

Solidifying the "family concept," the second wave of soldiers and civilians from the 11th Signal Brigade at Fort Huachuca, have lent a hand to the 56th Signal Battalion.

"The relocation of USARSO to Puerto Rico from Panama meant the 56th was responsible for providing all communication, including the Local Area Network, fiber-optics and video teleconference capabilities," said Frank Payne, civilian contractor for Information Technology Integration Directive, Fort Huachuca, and former signal soldier.

Payne said this team, consisting of five soldiers and three civilians, arrived here Jan. 24, and will be installing lines until July 25.

The military team of electrical wire systems technicians consists of Sgt. 1st Class Rogelio Holder, team non-commissioned officer in charge; Staff Sgt. Jeff Farman, team assistant NCOIC; Spc. Orlando Ortiz; and Spc. Christopher Smolinski, all of the 69th Signal Company, Fort Huachuca. Also attached to the team is Sgt. Veron Polk, Company D, 40th Signal Battalion, Fort Huachuca.

The civilian team consists of Payne, Iran Deleon and Stanley Stomro, all of ITID.

Signal soldiers are also involved in New Horizons '00 Belize, near Belize City, Belize, headquartered at Joint Task Force Pelican. The exercise is a USSOUTHCOM-sponsored joint engineer and medical field exercise.

The primary purpose is to improve joint training readiness of U.S. engineer and medical units.

Soldiers have been tasked to construct a base camp, seven schools, drill for new water wells, while repairing and maintaining existing water wells.

The 252nd Signal Company, 56th Signal Battalion, 93rd Signal Brigade (Fort Gordon, Ga.), has deployed nine personnel to JTF Pelican to provide communications support for New Horizons '00 Belize.

Deployed since Jan. 26, the "Combat Communications Renegades" are responsible for all communication, including e-mail accounts, DSN and LAN, according to Sgt. 1st Class Julius Weston, J-6 Signal Cell NCOIC.

Other than a few obstacles, the soldiers are gaining a lot of experience in their military occupational specialties.

"If we lose the bugs, it would be alright here," said Spc. Justin Gorman, multi-channel tactical satellite operator.

"This deployment is a great opportunity for me to actually use the skills hands-on that the Army has taught me," he added.

For, Spc. Erika Devins, multi-channel tactical satellite operator, the Belize mission represents a homecoming of sorts. "I am from here. In fact, I still have relatives who live not far from here that I get to visit from time to time."

Other Renegade soldiers participating in the exercise until May 26 are, Spc. Brian Durant, multi-channel tactical satellite operator; Sgt. Corwyn Gibson and Spc. Elshabbaz Huger, single channel tactical satellite operators; Spc. Katie Olson, small extension node operator; and Cpl. Michael Rollins, automations technician.

On a recent visit, Army Signal Command's top enlisted soldier, Command Sgt. Maj. Larry Paylor, commended the efforts of the signal soldiers. "These soldiers are doing top-notch work in support of this very important exercise. I have always been a firm believer that if the communications doesn't look good, it doesn't work. I am thoroughly impressed with their work."

The deployment has not deterred military personal and professional training for the soldiers.

Paylor was treated to an impromptu concert by accomplished violinist Devins, who along with Rollins, are slated to return to Fort Gordon temporarily to participate in a promotion board. Durant is slated to be replaced soon, as he has been selected to participate in the Army Soldier Show.

Weston said the New Horizons '00 Belize exercise is ahead of schedule, and he is proud of his soldiers' efforts. "We have managed to do a very good thing for the people of Belize."

Many view the Virgin Islands as a Caribbean vacation paradise. However, within the beautiful scenery of St. Croix, St. John and St. Thomas is the Virgin Islands National Guard. Paylor visited the Army National Guard Signal Support Activity at St. Croix.

The VING federal mission is to provide support to U.S. efforts in humanitarian assistance, training and regional contingencies in the Caribbean, and the Central and South American basin.

According to Command Sgt. Maj. Earl E. Abramsen, VING State command sergeant major, his unit conducts overseas deployment training in Costa Rica, Honduras, Panama, Belize and Bolivia.

Paylor also visited the Virgin Islands Air National Guard's 285th Combat Communications Squadron while in St. Croix. "Though they are in the Air Force, these airmen are still a part of the Signal family," Paylor said.

At Fort Allen, Puerto Rico, the 35th Signal Battal-

ion (ARNG) has an accredited PLDC, BNCOC, ANCO and OCS programs, along with a Language Center.

"Due to the lack of English [language] proficiency for Puerto Rican natives, we felt a need to offer the English as a Second Language course," said Command Sgt. Maj. Jose Lopez-Canchani, 35th Signal Battalion command sergeant major.

The school, established in 1976, has instructors and



Photo by Sgt. 1st Class Anthony L. Reed

Spc. Katie Olson, small extension node operator, 252nd Signal Company, 56th Signal Battalion, 93rd Signal Brigade (Fort Gordon, Ga.), explains her mission in support of New Horizons '00 Belize at the Joint Task Force Headquarters near Belize City, Belize, to Command Sgt. Maj. Larry Paylor, Army Signal Command's top enlisted soldier, during his recent visit.

four drill sergeants who combine the task of teaching language and military customs and courtesies simultaneously.

Also at the Language Center, Special Forces soldiers are taught Spanish as a Second Language. "There are plans to offer this class for incoming Fort Buchanan soldiers to help them adapt to being assigned in Puerto Rico," said Lopez-Canchani.

Soldiers from Fort Buchanan, Fort Allen and VING conduct most of their training exercises at Camp Santiago, Puerto Rico.

The sprawling facility has land navigation and obstacle courses, a drop zone, impact areas, M-16, mortar and claymore mine ranges, and are building a grenade range. Special Forces units also train here.

Formerly a reserve and National Guard post, with the influx of the 56th Signal Battalion and other active units, Fort Buchanan is rapidly growing.

With this growth, there is a need to reach out to others for assistance — that is where the Puerto Rico Army National Guard enters the picture.

Command Sgt. Maj. Ramon Burgos of the Puerto Rico State Army National Guard, is the top enlisted soldier for the 11,126-soldier force, which presently has troops deployed in 19 countries in central and South America.

"We put a Venezuela mission on the ground 16 hours after notification, two days before Christmas," Burgos said.

The PRNG also conducts PLDC totally in Spanish for Dominican Republic soldiers.

When talking to Paylor and Miller recently, Burgos offered support for his active counterparts. "We [PRNG] will give you all the support you need. If it's legal, available, and I've got it, you've got it."

"We are all one Army — one uniform," Burgos said.

Community Updates

Post phone books available

The 2000 Thunder Mountaineer Unofficial Guide and the Thunder Mountaineer Telephone Book is available for pickup by units and organizations on post, at the Garrison Public Affairs Office, Building 21115.

Call Staff Sgt. Johnny Portal at 533-3418 to coordinate a pickup date and time and the quantity of unofficial guides and telephone books required.

For family members living in government quarters on post, a copy of the Thunder Mountaineer Telephone Book can be picked up at the AAFES Barracks Telephone Office located at the rear of the Cochise Theater during their normal operating hours. Telephone books are not available at this time for individuals, active duty or retired, living off post.

Post tax center open

Get your federal and state income taxes prepared and electronically filed for free. The Post Tax Center can file your federal and most state taxes electronically, getting your refund to you in around 14 days. Hours are 8:30 a.m.-noon and 1-4:30 p.m. on Mondays, Wednesdays, Thursdays, and Fridays; noon-4 p.m. and 5-7:30 p.m. on Tuesdays.

The tax center is located behind the PAO Office, at the end of Brown Parade Field. Park at the bottom of the hill on Christy Avenue and come up the hill, following the signs. Bring all your W-2s, 1099s, and other financial paperwork when you come. For information, call 533-1070.

Folkdancing in Bisbee

International folkdancing is taught in Bisbee every Monday night at Club Kilimanjaro, 33 Subway St. Easy dances are taught 6:30-7:30 p.m., intermediate dances 7:30-8:30 p.m. followed by request dancing.

Everyone is welcome and new dances are introduced each week. A donation of \$3 (\$1 for beginners class) is appreciated. For information, call Steve Sklarow at 432-7770.

Captain promotion board

Department of the Army Promotion Selection Board is scheduled to convene Tuesday to consider Army Competitive Category first lieutenants for promotion to captain.

Officers eligible for consideration have the following active-duty dates of rank: above the zone, Sept. 30, 1998 or earlier; promotion zone, Oct. 1, 1998 through March 31, 1999. For information, call Margarethe Velazquez at 533-3267.

ACS offers newborn classes

Let us help you prepare for your newborn through free classes offered by Army Community Service's New Parent Support Program. These classes are open to all in

the community (military and civilians).

The upcoming class dates and times will be:
Wednesday — Breastfeeding Your Newborn (6:30-8:30 p.m. at ACS)

Mar. 15 — Assisting Your Newborn's Development (6:30-8:30 p.m. at ACS)

For more information, call Laurie Laychak, ACS, at 533-6877. To sign up for classes, call 533-2330.

SAMC induction ceremony

The next Sgt. Audie Murphy and Mary Walker induction ceremony will be held 1:30 p.m. March 9 at the Greely Hall auditorium. Guest speaker for the ceremony will be Command Sgt. Maj. Cynthia Pritchett, command sergeant major, Combined Arms Center.

Soldiers being inducted into the Sgt. Audie Murphy Club are: Sgt. 1st Class Angela Carter, Headquarter and Headquarters Company 86th Signal Battalion; Staff Sgts. Christopher Howard and Christina Truesdale, both of Company A, 306th Military Intelligence Bn.; and Sgts. Ryan Kinslow, A/306th, and Raymond Edwards, Military Police Company, 306th MI Bn. Mary Walker inductees will be announced at the ceremony.

For more information, call 1st Sgt. Michael Roberts at 533-3800.

BRT opens 'Night of Iguana'

Bisbee Repertory Theatre's production of Tennessee Williams' "The Night of the Iguana" opens March 10 with a reception for multi-media artist Henry Couture at 6:30 p.m. and curtain at 7:30 p.m.

The production plays Fridays and Saturdays at 7:30 p.m. through April 1. There will be a Sunday evening performance, March 19 at 7:30 p.m. Matinees will be Sunday, March 26 and April 2 at 3 p.m.

Advance tickets are \$8. Tickets at the door are \$10 for adults and \$5 for students through college. For information, call 432-3786.

Kiwanis Cake Auction set

The fifth annual San Pedro Kiwanis Cake Auction is set for March 11. You can help by donating a baked or homemade item from your organization or by having someone represent your organization by bidding at the auction.

The baked items are judged by categories before the auction. They do not have to be fancy, decorated cakes, any baked or homemade item will be appreciated. Items are accepted at Buena High School starting at 10 .m., judging is at noon and the auction runs 2-9 p.m.

St. Patrick's Day golf

Headquarters, U.S. Army Signal Command Unit Fund will host a St. Patrick's Day 4-person scramble golf tournament at the Mountain View Golf Course at Fort Huachuca on March 17. Winter rules are in effect and there will be a 12:30 p.m.



Wettle sez...

BE *Water Wise!*



If you wash dishes by hand, use a dishpan. Don't let the water run!

Be Water Wise and Energy Smart!

Fort Huachuca - 538-SAVE

shot-gun start.

Pick your own team, but not all low handicap players or you will be assigned to a team. Prizes will be given to first, second and third place finishers. Entry fee is \$11 for members and \$23 for non-members. Entry deadline is March 13.

For information, e-mail Pam Gogue at goguep@hqasc.army.mil or call 538-6218; or e-mail Ed Washington at washington@hqasc.army.mil or call 538-4729.

American Legion open house

The American Legion Bill Carmichael Post 52 will be hosting an Open House Jamboree March 18, 8 a.m.-1 p.m. and March 19, 10 a.m. to 8 p.m. at 12 Theater Drive, Sierra Vista.

There will be a variety of music, food, fun and door prizes. Everyone is welcome.

Be a U.S. citizen

An Immigration and Naturalization Service agent will be speaking at Murr Community Center on March 14 at 5:30 p.m. The agent will speak about the naturalization process for active duty service members and their family members.

The agent will provide forms to begin the naturalization process and answer questions concerning the process. The agent will not be able to speak about cases pending.

Information and forms concerning the naturalization process may also be obtained on line at <http://www.perscom.army.mil/tagd/ins/ins.htm>. For more information, call the legal assistance office at 533-2009.

Archaeological Society meets

The Arizona Archaeological Society, Cochise Chapter, meets monthly at the Sierra Vista Public Library, Tuesdays 6:30-8:30 p.m. On March 14, the society will discuss early agriculture of the San Pedro Valley with UNM's Bruce Huckell. Public is welcome.

Participate in excavations in an ongoing joint field project with Old Pueblo Archaeology on Fort Huachuca. Dig, screen for and record artifacts. No experience necessary. Interest is the only requirement. For information, call Larry White at 459-2182.

Mandatory ethics training

All DoD personnel required to file a Financial Disclosure Report are required to attend ethics training annually. All new employees are required to receive this training within 30 days of entering on duty. Training sessions will be held 10-11 a.m. in Room 1215, Greely Hall, on the following dates: March 16, April 27, May 11 and June 14.

Financial Disclosure Report filers are required to attend only one training session per calendar year. For information, call Tom King at 533-3197.

Blue Cross/Shield rep visits

On March 21, a representative Blue Cross/Blue Shield will come to Fort Huachuca to answer federal employees' questions on benefits, claims or enrollment. The representative will be located in the Murr Community Center, Gila Room

See Updates, Page 12

School News

Fort students commit random acts of kindness, host spring concert

Accommodation Schools release

Myer Elementary School

Random Acts of Kindness Week was held at Myer School last week. On Friday seven members of the kitchen and three custodial staff members were recognized at the monthly assembly. The students made a 'thank you' change, along with two posters which the art teacher, Maureen Grady, made for them.

Betty Davis's kindergarten students have been discussing Arizona in regard to the animals and how they can camouflage themselves to be safe. They discussed the

birthday of Arizona and the teacher had pictures to show the students how various groups in the state celebrate.

Allison Spencer and Joy Mims' kindergarten classes are beginning their study of Arizona. Last week they learned about cactuses, palo verde trees, and animals that live in cactus. They are also beginning to read Rigby Decodable Readers.

Students of the Month for February are Leah Taylor, Chamin Dalton, Kayla Frank, Thomas Gaffney, Kayla Walker, Amanda Bate, Jason O'Connell, Denise Thielman, Jorge Guzman, Nyesha Green, Ashley Farman, and Tommy Montgomery. They received a teddy bear,

certificate, and had their picture taken with Connie Johnson, Myer School Principal.

Smith Middle School

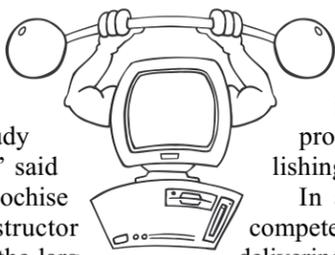
The public is cordially invited to the Panther Band Spring Concert, March 8, 7 p.m. in the Smith Middle School Gym. The students have worked with much enthusiasm and dedication as they've prepared for this special evening. The band will present two works for band that will be used for their trip to Phoenix on April 8th to the Arizona Pageant of Bands. Dan Howdeshell is the Band Director for the Accommodation Schools.

More than 300 to compete in largest Computer Olympics ever

Cochise College release

More than 300 middle and high school students from around the county will converge on Cochise College's Sierra Vista campus Friday, to compete in the Computer Olympics.

"This event is to recognize the achievement of students who study in the computer fields," said Dr. Claudia La Clair, a Cochise College technology instructor who organized what is the largest such computer competition in Cochise County. "We've been doing this at Cochise College for more than 15 years — ever since computers first were used in education."



Students from Sierra Vista, Bisbee, Douglas, Benson, Tombstone, Fort Huachuca, and several other towns will compete in more than 22 different computer-related events. The events include Internet theory; computer keyboarding; word processing; PowerPoint; basic programming; desktop publishing and others.

In addition, students will compete in such business areas as delivering an oral presentation, participating in a professional interview, extemporaneous speaking and more.

For information contact La Clair by e-mail at laclair@cochise.cc.az.us or call her at 515-5430.

Good school grades mean rewards in new AAFES contest

AAFES release

DALLAS — Students with good grades and a little luck can win prizes of up to \$5,000 in U.S. Savings Bonds in the Army and Air Force Exchange Service's new "You Made the Grade!" program.

AAFES and vendor partners will award bonds for \$5,000, \$3,000, and \$2,000 to three students in quarterly drawings.

Students eligible to enter are those with a valid military identification card and an overall B average or better in grades 6 through 12 at stateside and overseas public and private schools. Home-schooled students must provide written affirmation from a parent or other community-authorized education provider.

Students present their qualifying report cards at the manager's office in their main exchange. They will receive a coupon book that includes an entry blank for the drawing. Students do not need to be accompanied by a parent.

The coupon books offer a changing variety of more than \$50 in discounts on items popular with teen-agers, such as music CDs, video games, footwear and fast food.

Students can get a coupon book for every grade report, but may enter the drawing only once per calendar quarter.

For more information, students can visit their local exchange stores, or visit the AAFES "You Made the Grade!" web site at <http://www.aafes.com/ymtg.htm>.

JITC, DoD outline mutual support relationship

JITC release

Out on the battlefield is not the place to find out the Army's new communication system can't talk with the Air Force systems providing air support.

Preventing this type of situation is what certification testing and the Joint Interoperability Test Command is all about. Getting high-level Department of Defense support is essential to the success of this mission.

The JITC recently hosted a two-day visit by Vitalij Garber and three members of his staff. Garber is the director of interoperability within the Office of the Undersecretary of Defense for Acquisition, Technology and Logistics.

The command brief, facilities tour, and discussions focused on the role of JITC within the joint and combined interoperability certification process.

The discussions also addressed possible solutions toward ensuring that all Department of Defense and Service Command, Control, Communications, Computer, and Intelligence programs and systems come to JITC for testing and certifi-

cation.

Current DoD and Joint Staff instructions assign JITC the role as sole certification authority for joint and combined interoperability. Although all C4I system proponents are required to obtain a certification of interoperability, the enforcement of this requirement has not been universal.

Service, agency, and CINC program sponsors have chosen to field systems that may provide enhanced capabilities when viewed from a service or functional perspective without fully considering their impact upon the joint and combined environment.

Garber is in a unique position to influence DoD C4I programs to obtain the interoperability certification that only JITC can provide.

Garber was impressed with the quality and broad

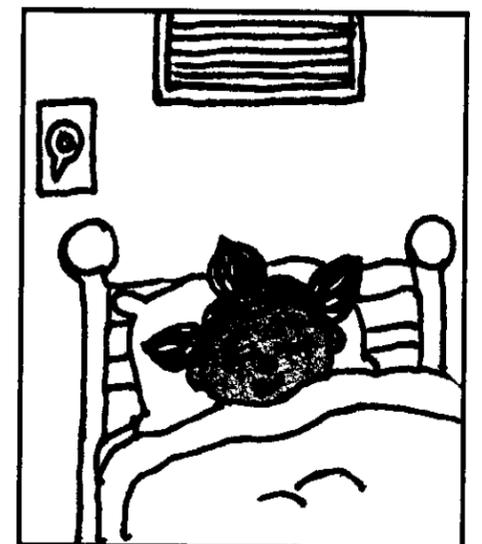
range of testing capabilities that JITC supports across virtually every C4I functional area. At the end of the two-day visit, excellent discussions had taken place, to include the development of a Memorandum of Agreement between JITC and USD-AT&L. This proposed MOA will outline a mutual support relationship.



JITC photo

(From left) Vitalij Garber, Capt. Scott Atkinson, Debra Maffia, Robin Quinlan, Taras Dorsey and Denis Beaugureau.

Be Water Wise and Energy Smart



Turn down the thermostat at night and use more blankets.

Medical Activity Command

National Nutrition Month 2000:

High protein, low carbohydrate diets: eating to your health?

Capt. Lori Hennessy, U.S. Army Physical Fitness Research Institute, and Lt. Ronna Winn, Preventive Medicine Service, RWBACH

Sugar Busters! Protein Power. The Zone. Dr. Adkins New Diet Revolution. Hordes of Americans are swapping cereal and milk for bacon, eggs and steak as the latest diet craze sweeps the country. High protein, low carbohydrate diets are in and the Food Guide Pyramid and sensible eating is out. Since 1996, three of these books have spent a combined total of 75 weeks

on the New York Times best seller list.

These diets all operate on the same basic principle: carbohydrates make you fat while protein helps you lose weight. Finally, what the American public has wanted to hear for years - "eat all the beef, chicken, pork, and eggs you want and lose weight!" In fact, the Sugar Busters! web site entices us to "forget about the fight against fat. Break the sugar-starch habit today and enjoy steak, eggs, cheese, even wine, as you get healthy and lose weight." The authors make losing weight sound like fun. But is

this all too good to be true?

The diets are all slightly different, but most claim that carbohydrates increase insulin levels in the blood which then causes carbohydrate, or sugar calories to be stored as fat. The truth about this statement is that insulin is released into the bloodstream when carbohydrates are consumed. However, carbohydrates are only stored as fat when one eats more calories than what the body requires. Basically, people gain weight when they overeat, regardless of the source of those calories.

Some people who carry excess weight around their abdomen do release more insulin when simple sugars are consumed. The insulin quickly removes the excess sugars from the bloodstream. This does not necessarily result in more fat storage, but it does tend to increase the feeling of hunger again, which can lead to overeating. Therefore, eating carbohydrates does not cause problems with insulin; being overweight and inactive contributes to insulin problems.

Why do people lose weight on these diets? The meal plans recommended by these diets range from 850 to 2000 calories a day. Initial weight loss is primarily water loss as the body depletes its carbohydrate stores and water stored with carbohydrates in the liver is depleted. After several days weight loss occurs as the body begins to break down its muscle tissue for energy since daily caloric intake is not enough to preserve muscle mass. (And this loss of muscle mass is actually contributing to a lower metabolism!) Eventually the body may burn some fat stores, but body fat may actually increase as a combined result of eating more fat and the body's survival instinct to hold on to fat stores as it uses muscle and other major organs for energy.

When too few carbohydrates are con-

sumed, the liver converts body fat and dietary fat into energy. This condition is called ketosis, and produces byproducts called ketones, which place extra stress on the liver and kidneys. If ketones are not excreted from the body, they can reach toxic levels. To reduce the risk of toxicity, diets with less than 25 grams of carbohydrate per day should not be consumed for more than 14 consecutive days. Ketosis symptoms can include nausea, weakness, dehydration, fatigue, insomnia and a "fruity" breath. A diminished appetite is the most common side effect. The Atkins, Sugar Busters!, and Protein Power diets, if followed correctly, lead to ketosis. So does The Zone at the lower calorie levels.

Another risk to eating high protein diets is the impact on heart disease. Most people will decrease blood cholesterol levels when losing weight, regardless of the type of diet. However, these diets can be much higher in fat than one typically consumes. The dangers of high-fat diets have been well documented as increasing the risk for heart attack, stroke, and some cancers. Another concern is that high protein, low carbohydrate diets are often low in potassium, vitamins A and C, folic acid, carotenoids, and fiber — all of which help to prevent certain cancers and heart disease.

So what do you do if you want to lose weight in a healthy fashion and maximize your nutritional intake? Follow the advice of a professional health care provider and be wary of web sites or advertisements who will sell you nutrition advice or supplements. Regular exercise is a critical component to weight loss and maintenance. See your primary care provider for a referral to RWBAHC's dietitian or visit the RWBAHC web site to learn more about your health and "putting prevention into practice."

Dental Activity Command

Halitosis questions answered

Academy of General Dentistry release

More than 90 million people suffer from chronic halitosis or bad breath. In most cases it originates from the gums and tongue. The odor is caused by bacteria from the decay of food particles, other debris in your mouth, and poor oral hygiene. The decay and debris produce a sulfur compound that causes the unpleasant odor.

Does bad breath come from other sources than the mouth?

Bad breath also may occur in people who have a medical infection, gum disease, diabetes, kidney failure, or a liver malfunction. Xerostomia (dry mouth) and tobacco also contribute to this problem. Cancer patients who undergo radiation therapy may experience dry mouth. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath.

An odor that comes from the back of your tongue may indicate postnasal drip. This is where the mucus secretion, which comes from the nose and moves down your throat, gets stuck on the tongue and causes an odor. Bad breath originating in the stomach, however, is considered to be extremely rare.

Why is saliva so important in the fight against bad breath?

Saliva is the key ingredient in your mouth that helps keep the odor under control because it helps wash away food particles and bacteria, the primary cause of bad breath. When you sleep, however, salivary glands slow down the production of saliva allowing the bacteria to grow inside the mouth. To alleviate "morning mouth," brush your teeth and eat a morning meal. Morning mouth also is associated with hunger or fasting. Those who skip breakfast beware because the odor may reappear even if you've brushed your teeth.

Do certain foods cause bad breath?

Very spicy foods, such as onions and garlic, and coffee may be detected on a person's breath for up to 72 hours after digestion. Onions, for example, are absorbed by the stomach and the odor is then excreted through the lungs. Studies even have shown that garlic rubbed on the soles of the feet can show up on the breath.

How do I control bad breath?

It is important to practice good oral hygiene, such as brushing and flossing your teeth at least twice a day. To alleviate the odor, clean your tongue with your toothbrush or a tongue scraper, a plastic tool that scrapes away bacteria that builds on the tongue. Chewing sugar-free gum also may help control the odor. If you have dentures or a removable appliance, such as a retainer or mouthguard, clean the appliance thoroughly before placing it back in your mouth.

Before you use mouth rinses, deodorizing sprays or tablets, talk with your dentist because these products only mask the odor temporarily, and some products work better than others.

What is my dentist's role?

Visit your dentist regularly because checkups will help detect any physical problems. Checkups also help get rid of the plaque and bacteria that build up on your teeth. If you think that you suffer from bad breath, your dentist can help determine its source.

He or she may ask you to schedule a separate appointment to find the source of the odor. Or, if your dentist believes that the problem is caused from a systemic source (internal), such as an infection, he or she may refer you to your family physician or a specialist to help remedy the cause of the problem.

MI Bde. sweeps Blood Hound awards

By Stan Williamson
Scout Staff

Three companies from the 111th Military Intelligence Brigade received a Red Cross Blood Hound award Feb. 22, during the Military Affairs Committee luncheon at the LakeSide Activities Centre.

The monthly award is rotated each month and presented to the unit or activity with the highest number of donors for each category participating in the monthly Blood Drives on post. The award categories are based on the size of the unit, with 1-50 as small, 51-150 for medium, and 151-or higher as large.

The Blood Hound awards presented at the MAC luncheon Wednesday went

to Company E, 305th MI Battalion (Small Category); Company B, 304th MI Bn. (Medium Category); and Company A, 305th MI Bn. (Large Category).

February's Blood Drive met 102 percent of the Red Cross blood donor goal. In the last couple of years they have only been able to meet 50 percent of that goal. "That is a huge improvement," said Gail Mortensen, Army Community Service.

The next blood drives will be March 6 at the Eifler Fitness Center, 4-8:30 p.m.; March 15 at the JITC; March 17 at the Murr Community Center, 8 a.m.-1 p.m.; March 27 at the Raymond W. Bliss Army Health Center; and on March 31 at a location to be announced.

DIS names its employee, runner-up of year

DIS release

After an intense competition among several worthy employees, the Directorate of Installation Support is proud to announce the Employee of the Year and Runner-up for 1999.

Employee of the Year

Lorraine M. Burden, Administrative Assistant, GS-0303-06, was selected the DIS Employee of the Year for 1999.

Hired as Housing Division secretary in September 1998, she quickly became a valued and respected member of the DIS team. Burden's commitments to the mission at hand rather than simple involvement in only her own duties earned her a promotion to Administrative Assistant in less than a year.

Highly energetic and enterprising, she has made numerous suggestions for streamlining and reducing workloads and processes. Burden clearly understands the purposes, objectives, practices and procedures of the organization. The ambitious and ardent enthusiasm with which she accomplishes her endeavors is evident in all that she does.

Through her management of housing resident citations, blotter reports and neighbor complaints, she has reduced supervisory involvement to only the most urgent cases and improved housing community issues.

Often handling multiple projects for multiple managers, she never fails to complete them on or ahead of schedule. This is due largely to her excellent ability to distinguish between low and high priority activities and the fact that she consistently places organizational interests ahead of personal convenience.

Burden is one of those rare employees that never has to be told what to do. She not only uses excellent initiative and judgment in fulfilling her own responsibilities she also routinely assists both the Assignment/Termination and Engineering Section in performance of their duties.

Her management of IJO submissions assists the Engineer Technician in assuring timely and accurate documentation and tracking of these resident or safety related projects.

On the AT side, once she takes on a customer inquiry, she makes it her personal responsibility to follow through. Handing off a problem or situation to a co-worker does not occur to her.

She has significantly reduced the number of customer complaints elevated to the supervisory level and consistently receives kudos for her excellent customer service.

Her ability to handle difficult situations with poise, understanding and tact

has earned her the respect of all persons with which she comes in contact.

Burdens' sense of duty is not limited to her occupational activities. As a military wife of a senior instructor for the NCO Academy, she is often called upon to participate in, or help organize, ancillary events sponsored by the Military Intelligence Center and School as well as the Academy.

Additionally, she has volunteered to assist in numerous DIS events to include, the annual picnic; various potluck fund raisers; ticket sales; food drives and was the Housing Division Keyworker for this years Combined Federal Campaign.

In the housing division, Burden is the one, who remembers our birthdays, buys and circulates the sympathy card and checks on the welfare of those employees that are ill or down in the dumps.

Her unconditional positive regard for others has helped to promote professional relationships of trust and respect. Her ability to communicate with ease and natural style, make her an invaluable asset to public relations and customer service matters.

Through her calm and even temperament, she helps to promote a relaxed and enjoyable work environment, which benefits both coworkers and customers alike.

Burden is an asset to this organization in all areas. She is truly deserving to be recognized as the 1999 DIS Employee of the Year.

Employee of the Year runner-up

Joe Torre was selected as the DIS Employee of the Year runner-up. During 1999, Torre worked as the Work Order Coordinator in the Management Engineering Systems Office.

He has been doing this job since 1995. He previously worked for Engineering and Housing for six years. He then spent two years as a DoD policeman. His prior experience has given him a thorough understanding of all aspects of the DIS.

Torre answers anywhere from 40 to 100 telephone calls a day and each person on the line has a problem they want fixed/solved, now. In addition he maintains radio contact with both the contractors and other DIS personnel.

His compassion and empathy coupled with his knowledge and understanding of all facets of the DIS mission provides all customers a sense of being taken seriously and conveys to them that the DIS wants to find a solution to their problem.

He is the first line customer contact for persons experiencing problems with their buildings, homes, child care facili-

ties, streets, play grounds, yards, recreational facilities and almost anything else that they want fixed.

He arrives at work each day early and rarely leaves on time. He maintains an upbeat positive attitude and continues to provide answers (many times to the same question and the same person), to enhance the customer's understanding of the services provided by the DIS.

His keen insight and ability to determine the problem from the customer statements is unparalleled in the office. Many of the phone calls are from persons who have something broken, leaking, falling apart, and they are upset, because of the problem in their quarters or building. Some have English as a second language.

Torre has a knack for understanding them, soothing them, and either taking the service order or directing them to where the problem can be resolved. He is able to tell them, if necessary, that they will have to fix the problem themselves without further upsetting them. His people skills extend to all grade & rank levels.

Torre's knowledge, professionalism and dedication to providing all DIS customers excellent service sets a lofty standard for other MES/DIS employees. His diverse knowledge along with his strong work ethic ensures that all service orders are received and forwarded to work control for accomplishment.

His expertise attending to each call has earned him both verbal and written comments of appreciation from various commands on Fort Huachuca.

Most of the organizations calling in with problems ask for him specifically because he is very good at his job. The contractors and employees know that he can be depended upon to get the job done correctly.

During the past two years Torre has worked the desk by himself about 50 percent of the time.

He has trained three new people to work at the Service Order desk. In addition he has trained numerous MPs on the Emergency Desk on how to correctly receive and document service orders. (They have many transient people manning this desk and he has taken it upon himself to train most of them.) He has done this in order to provide the customer better service.

He is patient, thorough, and specific while explaining how to complete the service orders. Many times, as he repeats instructions, his droll sense of humor turns a mild reprimand to a positive learning experience. He is equally quick to provide positive feedback to others

and share credit for jobs well done.

He adapts to changes in work processes and automated systems and strives to make any changes as quickly and efficiently as possible. He always looks for ways to do his job better and readily offers his assistance to others.

When he becomes aware of a potential problem that impacts the directorate or the Installation he is quick to notify management and to offer solutions to avert and/or correct the problem.

Torre is always willing to assist in making the work environment a better place. He offers his assistance in moving heavier items and is our resident maintenance mechanic making repairs when needed without being asked.

He has planted, watered, weeded and generally taken care of plants in the front of the DIS building. He has worked with the environmentalist in transplanting some low water use plants. He is always one of the first outside on clean up day to prune, rake, and clean the area around the building and along the creek.

This effort has resulted in comments from both employees working in the building and visitors saying how pretty it looks.

Torre is a devoted family man, and frequently discusses his son with pride. He and his son share an avid interest in baseball and cars.

Nearly every day at lunch you can see Joe outside throwing a ball. He recruits other DIS employees to join him. He has an excellent throwing arm. There are times some of them come back in saying how sore their hands and arms feel. Torre is an asset to this organization in all areas. He is truly deserving

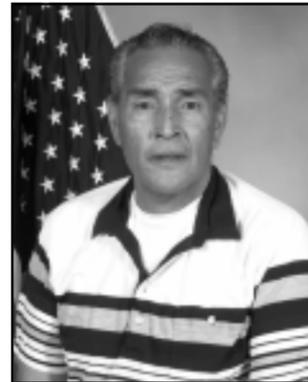
to be recognized as the 1999 DIS Employee of the Year Runner Up.

Competition for the Employee of the Year with the Directorate of Installation Support has been keen since its inception in 1983. Many employees have been recognized for their professionalism, technical knowledge, outstanding customer service and dedication.

The other nominees for 1999: Glenda Rippel, Budget Technician, in the Business Management Office; Rea Myers, Acquisition Support Assistant, in the Contract Management Division; Jim Hessil, Wildlife Biologist, in the Environmental and Natural Resources Division; Troy Morris, Electrical Engineer, in the Engineering Division; Steve Langstroth, Mechanical Engineer, in the Engineering Division; Gloria Taylor, Supply Technician, in the Logistics Management & CE/IEW Division; and Patricia Quintana, Supply Management Specialist, in the Logistics Management & CE/IEW Division.



Burden



Torre

Suicide: an epidemic of the 90s

Compiled by Stan Williamson
Scout Staff

Every year, thousands of youth die in North America, not from cancer or car accidents, but by their own hand, they make the choice that they want to die, and they take their own life. During the 1990s, suicide became a nation epidemic that is now spilling over into the new millennium.

Statistics show that suicide is the third leading cause of death among those 15 to 25 years of age, and it is the sixth leading cause of death among those 5 to 14 years of age. Five-year-old children, killing themselves! But it's the truth, statistics show that more than 13 of every 100,000 teenager took their life in 1990s, and that number continues to rise every year.

Many people think that these are isolated incidents, but they aren't. It is estimated that 500,000 teenagers try to kill themselves every year, and about 5000 succeed. 5000, that is right up there with cancer and homicide.

A major solution to this problem is to make people more aware of the problem that everyone wants to sweep under the carpet. To make people realize that it is indeed an epidemic.

In the military, the suicide rates equal those in the civilian sector. Noncommissioned Officers and officers must know the warning signs of suicide. More importantly, NCOs and officers must know their soldiers so they can recognize changes in personalities, behavior, etc.

Being a leader in today's Army is no different than the

Army of the 1980s or the Army of the 1960s. Being a leader is not an eight-hour a day job.

Warning signs may include:

- Change in eating and sleeping habits
- Withdrawal from friends, family and regular activities
- Violent actions, rebellious behavior, and running away
- Drug or alcohol abuse
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
- Frequent complaints about physical symptoms, often relating to emotions, such as stomachaches, headaches, fatigue, etc.
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards.

A soldier contemplating suicide may also:

- Complain of being "rotten inside"
- Give verbal hints with statements such as: "I won't be a problem for you much longer," "nothing matters," "it's no use" or "I won't see you again"
- Put his or her affairs in order — for example, give away personal possessions, clean his or her room, throw away important belongings etc.
- Become suddenly cheerful after a period of depression

Chaplain reviews suicide prevention for leaders

Special to The Scout

"Commanders and leaders may want to review their suicide prevention awareness training efforts," said Chap. (Col.) Thomas Decker, the Installation's Staff Chaplain and spokesman for Fort Huachuca's suicide prevention efforts.

Decker said that suicide prevention awareness training keys on predictable signs and behaviors and prepares those in leadership positions to recognize at risk behavior. He added that taking care of soldiers of every rank and grade is a theme that runs through the Army's Suicide Prevention Efforts.

He noted that depression coupled with personal significant loss might signify that someone is in trouble.

Suicide prevention awareness training may be obtained through any one of the installations Unit Ministry Teams or by contacting the Installation Staff Chaplain's Office at 533-4748.

Fort Huachuca's suicide prevention efforts focus on training and referring individuals to counsel with the Raymond W. Bliss Army Health Center's Behavioral Health Services at 533-5161.

The chaplain said that even suicidal ideation, or thinking that one wants to harm his or her self, should be addressed, and people should seek immediate assistance if and when they experience such thoughts. He said that on a good day

no one considers suicide and people need to know that help is available when the days are not good.

Professional assistance is available on a walk in basis during duty hours at the Behavioral Health Services clinic located on the second floor of the Army Health Center. After duty hours, the Prime Time Clinic (533-2433, seven days a week, 24 hours a day) can assist. The Staff Duty Officer at G-3 Operations can also page the appropriate helping agency after duty hours at 533-2426.

Taking care of soldiers of every rank and grade is a theme that runs through the Army's Suicide Prevention Efforts.

Chap. (Col.) Thomas Decker

Get a faster refund with direct deposit from IRS

IRS release

Expecting a tax refund? You can get it faster if you fill out the direct deposit information on your tax return to directly deposit your refund into your bank account.

Direct deposit is available for all taxpayers, regardless of how they file their return — phone, computer or mail. Directly depositing your refund into your checking or savings account is more secure because there's no check to get lost. And it takes the U.S. Treasury less time than issuing a paper check. It also saves you from making a special trip to the bank to deposit a paper refund check.

If you mail a paper return, fill in the direct deposit information in the "Refund" section. And if you're filing electronically, you can also provide direct deposit

information to have your refund deposited directly into your bank account.

You may want to ask your financial institution if they accept direct deposit, including joint tax refunds into individual accounts. They can also verify the correct routing and account numbers that you will need on your return when using direct deposit.

Although direct deposit can be used in most situations, it can't be used when filing a prior year's return. Also, direct deposit will not occur if the name on the tax return and bank account don't match.

Direct deposits of refunds won't go into foreign bank accounts, either. If, for some reason, the refund can't be directly deposited into a taxpayer's account, the U.S. Treasury will send a check instead.

How America knows what America needs

Compiled by Stan Williamson
Scout Staff

Census 2000 will be the largest peacetime effort in the history of the United States. More than 285,000 census takers and support personnel will be needed to account for the anticipated 118 million housing units and 275 million people across the United States. But it isn't its size that makes Census 2000 important. It is all the things that we will learn about ourselves that will help America succeed in the next millennium. The census is as important to our nation as highways and telephone lines. Federal dollars supporting schools, employment services, housing assistance, highway construction, hospital services, programs for the elderly and more are distributed based on census figures.

Your answers are important.

About a week before Census Day — April 1, 2000 — most households will receive a questionnaire by mail. Census takers will deliver forms to the remaining households. The Census 2000 questionnaire will be easy to read and simple to fill out. The Census 2000 questionnaire that most people will get will ask about only seven subjects: name, sex, age, relationship, Hispanic origin, race, and housing tenure (whether home is owned or rented.) Nationwide, five out of six housing units will receive this short form. It will be the shortest short form in 180 years.

The longer form will ask about the same seven subjects plus 27 more, including education, ancestry, employment, disability and house heating fuel. One out of six housing units will receive a long form nationwide. In some rural areas, as many as every other housing unit may receive this long form — because a larger sample is needed to ensure that these towns and counties get the same detailed information as more densely populated areas.

It's your future. Don't leave it blank.

Census 2000 will help decision-makers understand which neighborhoods need new schools and which ones need greater services for the elderly. But they won't be able to tell what your community needs if you and your neighbors don't fill out your census forms and mail them back.

Once the Census Bureau receives your questionnaire, our work has only begun. If the questionnaire is incomplete, a census employee must contact you to obtain the missing information. Then the answers on your questionnaire are combined. It is these combined numbers — not your individual answers — that are published and put to work for your community.

Moving? Update your address

IRS release

Have you moved since you filed your last tax return? Are you planning to move before your tax refund will be sent back to you? If so, be sure to take the necessary steps so that your refund isn't lost or returned to the Internal Revenue Service.

Set aside a few minutes in your busy moving schedule and add the IRS to your list of people and places to notify about a change of address. If the IRS doesn't have your current address, then a tax refund or any letters about past returns may never get to you.

Call the IRS at 1-800-829-3676 and ask for Form 8822, Change of Address, to complete and send to the IRS.

Chapel introduces Alpha Course group

Chapel release

What is ALPHA?

This is a new kind of small group discussion about Christian faith. ALPHA is people meeting together to learn about the Christian faith and talking with one another about issues and concerns. ALPHA is an opportunity to ask questions—no question is considered too simple and an opportunity to laugh and learn.

What happens at ALPHA?

People gather in the Main Post Chapel at 6 p.m. for dinner and the program begins at 6:30 p.m. in the Activities Room with child watch provided. Singing in large group is followed by video presentations.

After each talk there is a small group time for everyone to discuss any questions or issues. This gives an opportunity to get to know each other. Dismiss by 8:30 p.m.

What are the videos and talks?

Ten videos presented over ten weeks, one per session, with a series of talks on topics such as:

- Who is Jesus?
 - Why did Jesus die?
 - Why/how should I read the Bible?
 - Why and how do I pray?
 - What about the Holy Spirit?
 - How can I overcome evil?
 - Why and how should I tell others?
 - Does God heal today?
 - What about the Church?
- For information, call 533-8894.



ALPHA COURSE

Episcopal community celebrates Lenten-Easter season

Kino Chapel release

Episcopalians worship every Sunday morning at Kino Chapel from 8 to 9 a.m. Services include Children's Church School, fellowship after church and administration of the Sacraments of the Church by Chap. (Capt.) Ira Houck. For information, call 533-8894 or 458-7583.

Lenten-Easter services

Lent begins March 8 with the Ash Wednesday Service of Holy Communion and the Imposition of Ashes from 11:45 a.m. to 12:30 p.m.

Thereafter, on every Wednesday in Lent and during Holy Week, there are daily celebrations of Holy Communion from 11:45 a.m. to 12:30 p.m.

March 12 marks the First Sunday in Lent with the Penitential Office. We launch our Sunday Night Adult Study Program (Alpha Course begins at 6 p.m. in Main Post Chapel).

Child-watch is available at MPC from 5:30 to 7:30 p.m. Sundays in Lent run from March 12 through April 9. The Alpha Course continues Sunday nights throughout Lent.

Palm Sunday, the Passion of our Lord with the Procession of Palms is April 16. Holy Week begins on April 17 with daily celebrations of Holy Communion at Kino Chapel from 11:45 a.m. to 12:30 p.m.

The Good Friday Service, April 22, from 11:45 a.m. to 12:45 p.m. This service offers silence, special prayers and a sermon.

Easter Sunday, April 24, begins with the Fort Huachuca Sunrise Service at MPC from 6 to 7 a.m. A light breakfast follows the service. The Episcopal Service on Easter Sunday is at 8 a.m. in Kino Chapel.

Easter Week runs April 24 through 28 with Holy Communion continuing from 11:45 a.m. to 12:30 p.m. in Kino Chapel.

All Christians are welcome to participate and enjoy the worship of the Church.

Anthrax from Page 1

tary Justice] — that's Article 15s and the courts martial process," said Capt. Lanny Acosta, trial counsel, Military Justice Division, Fort Huachuca Staff Judge Advocate Office.

In a worse case situation, a soldier could face other problems. "If the threat of [anthrax infection] is imminent," Acosta said, explaining that "imminent" means there's knowledge of an anthrax-based attack or there's a threat from naturally occurring anthrax, "a soldier can be forcibly immunized. That only happens if the threat is imminent though, a soldier can't be forcibly immunized if they're just traveling to a [suspected] region."

"For a soldier to be forcibly immunized, the threat must be imminent and it must be ordered by the General Court Marshal Convening Authority," Acosta explained. But that's after a soldier has already gone through a process laid out in Army Regulation 600-20, Command Policy.

The process requires that a soldier must:

1. Understand the purpose of vaccine,
2. Be advised the threat of the disease could occur naturally or be used as a biological weapon,
3. Be educated about the vaccine and why they need it, and have had the opportunity to discuss it with medical personnel,
4. Be counseled that they are legally required to be immunized and if they refuse they will be ordered to take the shot, and
5. They are ordered to take the shot.

"After they are ordered to take the shot, if the soldier still refuses then it's a matter of failure to obey a lawful order and can face UCMJ action under Article 92 of the UCMJ," Acosta said.

"Although we as soldiers may not know why we have to do some things sometimes, we still have to maintain readiness. If that means getting a shot, you have to do it," Hickey said. "I didn't know why I had to get a yellow fever shot to go to Alaska, but if we're going to maintain a ready force we have to be ready to go anywhere at any time."

Financial from Page 2

sources of funds for which you might be eligible. Realize, though, that there is no guarantee you'll receive a scholarship, because the number of qualified applicants often exceeds the amount of money available.

The Internet is another good source of financial aid information. If you're considering using the services of a commercial scholarship search company, the Student Advisory Committee of the College Scholarship Service developed the following advice about questions to ask when evaluating a service:

- If the company suggests that large amounts of aid currently are not being used, how does it document the statement?
- How many financial aid sources are in

the company's database? Does the company maintain its own file of sources, or does it use other company's database?

— What kind of financial aid sources are provided by the company? Do they include scholarships, work, internships, loans, and contests? Do they include federal and state programs for which you'll be considered through the regular financial aid application process?

— How often does the company update its list of aid sources to determine that each of the sources still exists, and that application deadlines and eligibility criteria are current?

— Can you apply directly to the aid sources provided by the company, or must you be recommended for consideration by some

Women's History Month

Women's health seminars take Arlington Memorial stage

Special to American Forces Press Service
ARLINGTON, Va. — The Defense Department's top doctor was the scheduled kickoff speaker of a women's health seminar series that began Wednesday at the Women in Military Service for America Memorial at Arlington National Cemetery here.

Dr. Sue Bailey, assistant secretary of defense for health affairs, will lead the inaugural program with a discussion of health issues for deploying military women. March is Women's History Month.

The free, public "brown bag lunch" seminars will be held monthly from noon to 1 p.m. at the memorial. The 12 seminars are targeted at military women, women veterans and health care profes-

sionals and are a source of continuing education credit for nurses and physicians, event planners said.

Guest lecturers scheduled through July are Dr. David Satcher, "Wellness/Healthy People 2010," April 4; Dr. Kay Redfield Jamison, "Mental Health," May 2; Dr. Harold Rosen, "Osteoporosis," June 6; and Dr. Wayne B. Jonas, "Complementary and Alternative Medicine," July 11.

The seminars are co-sponsored by the Women in Military Service for America Memorial Foundation, the Uniformed Services University of Health Sciences, the Office of the Assistant Secretary of Defense for Health Affairs, and the Department of Veterans Affairs' Center for Women Veterans.

other person or group? Are there application fees for the sources provided?

— How long will you have to wait for the information? Do they guarantee that you'll receive the list of aid sources prior to application deadlines?

— What characteristics are used to match you with aid sources?

— How successful have previous participants been in obtaining funds from aid sources identified by the company?

— Will the company refund the fee if aid sources are incorrectly matched with your qualifications, if aid sources no longer exist or fail to reply to you, or if application deadlines have already passed when the information is received?

Keep in mind that, if you're awarded a scholarship from a private source, the financial aid package offered by your college may be reduced by the amount of the outside scholarship. That will depend primarily on whether the college has already met your financial need.

If the college has not been able to cover your full financial need, an outside scholarship may not affect the institution's aid award. Policies differ from one institution to another so it's best to consult the financial officer at the college you plan to attend.

For further information on financial aid contact the Education Center at 533-3010/2255 or visit Building 52104.

Updates from Page 6

from 9 to 11 a.m. If you have any questions, call Michele Darby, CPAC, at 533-3340.

OCS board convenes

The next installation OCS Interview Board is scheduled to convene April 19-21, in Murr Community Center, Roadrunner Conference Room beginning at 9 a.m. daily.

The deadline date for application to be received by the Adjutant General Directorate is April 10. All applications must

be in an original and two copies to Personnel Operations Division, Building 41421 (ATTN: ATZS-AGO). Do not send applications through distribution.

For information, call Master Sgt. Obeso or Sgt. Newell at 533-1707/1706.

Miss Sierra Vista applications

Applications for the Miss Sierra Vista 2000 pageant are now available at Jim's Glass and Mirror, 81 S. Garden Ave., Sierra Vista. Competed applications must be returned by May 15. The pageant is open

to young women between the ages of 17 and 24. You must be a high school graduate and 17 years old by July 31, 2000 and no more than 24 years old by October 2001.

The pageant is open to young women residing in Sierra Vista, Fort Huachuca, Tombstone, Huachuca City and surrounding areas. The contestants will be required to perform a 2 minute 30 second talent. The pageant is set for July 29, 7:30 p.m. at the Buena Performing Arts Center at Buena High School.

For information, call 378-3792 or 459-0272.

4th U.S. Cavalry recruits

Ride with the U.S. Cavalry. Cavalry troopers with the dash, discipline and daring to preserve and promote the traditions of the B Troop 4th U.S. Cavalry Regiment are needed. Membership is voluntary and open to male permanent party soldiers, retirees and DoD civilians. Call Staff Sgt. Chris Ehney at 538-6063 or e-mail ehneyc@huachuca-emh1.army.mil.

Weaver from Page 4

"Weaver is totally professional, poised, mature and dedicated," Jackson said. "He is intelligent, a self-starter who always volunteers for additional responsibility. He does not believe in idle time or unfinished projects. He is an all-around soldier."

Skillful communication and active involvement are two leadership qualities that stand out in Weaver, according to Tanya Backinger, associate dean, Humanities Unit at Cochise College, who knows Weaver professionally and personally.

"After observing Govnor speak with

peers and with instructors on campus, I was impressed with his clear, articulate delivery, a delivery enhanced with confidence," she said. "Here he is not afraid to express his opinions, yet he carefully and thoughtfully listens to views of others. Govnor communicates with assertiveness and with sensitivity."

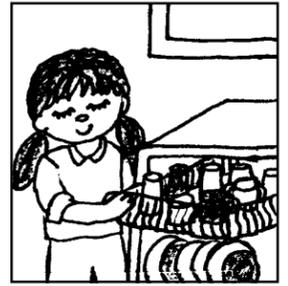
His communication goes a long way. Weaver is the Phi Theta Kappa vice president of Southern Region for the State of Arizona, Phi Theta Kappa vice president of Leadership for the Alpha Mu Zeta chap-

ter, and was appointed student representative to the College's Honors Committee.

Sixty students in the United States will be selected at the national level competition. If Weaver is one of the chosen few, he will be flown to Washington, D.C., to receive more recognition, including a \$2,500 award. He advises everyone to reach their goals.

"Get into education as early as possible," he said. "Get into the Education Center, take distance learning courses, take the college route."

Where does the water go?



Dishwasher
15-25 gallons a load
Be Water Wise and Energy Smart!